






Fitness Room Schedule

January 3- April 10, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>GROUP</small> fight 5:40am	<small>GROUP</small> POWER 5:40am	<small>GROUP</small> fight 5:40am	<small>GROUP</small> POWER 5:40am		<small>GROUP</small> CENTERGY 7:45am
					<small>GROUP</small> ACTIVE 9:00am
ZUMBA 10:00am	*  ZUMBA gold 9:00am	ZUMBA 10:00am	*  ZUMBA gold 9:00am	ZUMBA 10:00am	ZUMBA 10:10am
*  Stay Active & Independent for Life (SAIL) 11:10am	<small>GROUP</small> ACTIVE 11:00am	*  Stay Active & Independent for Life (SAIL) 11:10am	<small>GROUP</small> ACTIVE 11:00am	*  Stay Active & Independent for Life (SAIL) 11:10am	
	* Taekwondo		* Taekwondo		SUNDAY
<small>GROUP</small> ACTIVE 5:40pm	* Taekwondo	<small>GROUP</small> POWER 5:40pm	* Taekwondo	* <i>Social Dancing</i>	
<small>GROUP</small> CENTERGY 6:50pm	ZUMBA 7:00pm	<small>GROUP</small> CENTERGY 6:50pm	ZUMBA 7:00pm	* <i>Social Dancing</i>	
	* <i>Social Dancing</i>		* <i>Social Dancing</i>	* <i>Social Dancing</i>	

GROUP
ACTIVE

Group Active™ is a 60 minute workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Ages 13+

GROUP
CENTERGY

Group Centergy™ incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility, and the core within 60 minutes

GROUP
fight

Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! Ages 13+

GROUP
POWER

Group Power™ combines squats, lunges, presses and curls with functional integrated exercises. Ages 13+

ZUMBA

ZUMBA® is a 60 min Latin infused dance-based workout. Ages 13+

If you would like to join the email cancellation list, please sign up in the fitness studio or email aeearvin@lynnwoodwa.gov

****Registration is required for these classes, please see front desk.***